

## WHY ACUPRESSURE MATS

Acupressure mats are made up of several hundred plastic spikes, that apply pressure to the point of contact on the skin, stimulating the creation of Dopamine, Serotonin, Endorphin & Oxytocin.

Acupressure mats can be used on soft (bed) or hard surfaces (floor), dependent on how comfortable you are using them.

For best result use directly onto skin, however you may prefer to wear a thin item of clothing until you get used to the sensation.

### Benefits

- Natural Pain Relief, Anti Inflammatory
- Muscle Recovery
- Increased Energy, Relieves Fatigue
- Improves Sleep
- Creates Uplift in Mood & Mental Health

Our acupressure mats are made of 100% Cotton, Recyclable ABS Spikes, Coconut Fibre (Mat) and Kapok Fillers (Pillow).

### Timings

- Energy Booster = 20 Minutes
- Deep Relax / Pain Relief = 30 to 60 Minutes

### #TopTips

Always drink a glass of water before and after to ensure you stay hydrated and to flush out the toxins released into your body during the acupressure session.

Avoid coffee and alcohol immediately after an acupressure session, as both cause dehydration and reduce the ability to flush the toxins from your system.



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## DISCLAIMER

Some pre-existing medical conditions may be negatively impacted by breathing exercises, acupressure therapy and cold exposure, therefore it is strongly advised that you consult a medical professional beforehand.

Never practise breathing exercises whilst in the water, driving, operating machinery, or if you are pregnant.

If you suffer from high blood pressure or are pregnant, please do not attempt any form of acupressure therapy.



## STOMACH, FEET & BOTTOM



## BACK, HEAD & LEGS



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